

One's Prescribed Duties (Svadharmā); and Duties as good members of the society and as ideal citizens of the nation

Volume - 35 (Lesson - 24)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

Mohan Lal Agrawal

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Author : Mohan Lal Agrawal
Publisher : Mohan Lal Agrawal
At.-Kansari Para
P.O/Dist.- Bolangir
(Odisha), PIN - 767001
Email: studenteducation08@gmail.com
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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

MOHAN LAL AGRAWAL, AT: - KANSARI PARA,
P.O/DIST: - BOLANGIR (ODISHA), PIN - 767 001.

PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Lesson No. - 24

One's Prescribed Duties (*Svadharmā*); and Duties as good members of the society and as ideal citizens of the nation and of the world

The twentyfourth lesson is "**One's Prescribed Duties (*Svadharmā*); and Duties as good members of the society and as ideal citizens of the nation and of the world**".

In the present situations of our independent and democratic country, it is generally observed that we are more concerned about claiming of our rights than about performing of our duties. But, we ought to be more concerned about performing of our duties rather than on claiming of our rights. This is in our own interest and for our highest welfare and supreme good. This is also in the larger interest of our country. Therefore, let us discuss about this topic in this lesson.

Generally, all human being need to perform their "Prescribed Duties" or "*Svadharmā*". "*Sva*" means "one's own" and "*dharma*" means "duty". Hence, *Svadharmā* means one's own duty or one's prescribed duty. One's duty has been prescribed in our Holy ancient Spiritual Scriptures keeping in view (a) one's *ashrama* or stage of life, i.e. *brahmacharya ashrama* or student life, *grihastha ashrama* or householder's life, *vanaprastha ashrama* or retired life and *sannyasa ashrama* or renounced life; and (b) one's *varna* or class, i.e. *brahmanas* (philosophers), *kshatriyas* (warriors), *vaisyas* (merchants) and *sudras* (servants), which are determined according to one's nature or *svabhava*, and duties or *svadharmā* or *kartavya* performed by him.

In our humble understanding, some of the important duties of our students, and of the householders can be stated as under:-

(A) Duties of the students

- (i) Study of one's class lessons, acquiring of knowledge and completion of education,
- (ii) Acquiring of life-building, character-building and man-making knowledge through moral, ethical, religious, spiritual education, known as value education, and also knowledge on our own culture,
- (iii) Building the foundation of one's life properly and strongly by (a) developing good physical health (b) empowering the mind (c) building noble character (d) performing ethical conduct, (e) strict observance of complete celibacy, etc.,
- (iv) Study of Holy ancient Spiritual Scriptures and keeping company of Good Persons, Noble Persons, Holy Persons, *Rishis*, *Munis*, Saints and Sages,
- (v) Living of *dharmik jeevana* (religious and ethical life) and *aadhyatmik jeevana* (spiritual life) during student life,
- (vi) Obeying and paying loving respect to their fathers, mothers, and other elderly members; and bestowing love and affection to younger members of their families,
- (vii) Paying respect to the teachers, exhibiting *shradhha* or love and *bhakti* or devotion in one's conduct with them, obeying them and emulating their good qualities while studying in the educational institutions,
- (viii) Keeping amicable, friendly and loving relations with one's classmates and friends in the educational institutions,
- (ix) Obeying the rules and regulations and maintaining discipline in the school, college, university,
- (x) Paying respects to the elderly persons in the society; showing regards to senior friends, keeping friendly relations with equals and bestowing love to juniors in the society,
- (xi) Performing of one /two selfless, charitable acts or doing *paropakara* on Sundays and holidays in the society.

(B) Duties of the householders

In the *Bhagavad Gita* (Chapter - XVIII), *Lord Krishna* describes the duties of the householders belonging to all the four classes of people, namely *brahmanas* (philosophers), *kshatriyas* (warriors), *vaishyas* (merchants) and *sudras* (servants), as under:

“ब्राह्मणक्षत्रियविशां शूद्राणां च परन्तप ।

कर्माणि प्रविभक्तानि स्वभावप्रभवैर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४१)

"Of *Brahmanas*, *Kshatriyas* and *Vaishyas*, as also of *Sudras*, O *Arjun*, the duties are distributed according to the qualities born of their own nature". (Srimad Bhagavad Gita, Chapter - XVIII - 41)

“शमो दमस्तपः शौचं क्षान्तिरार्जवमेव च ।

ज्ञानं विज्ञानमस्ति क्यं ब्रह्मकर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४२)

"Serenity, self-restraint, austerity, purity, forgiveness and also uprightness, knowledge, realisation, and belief in God are the duties of the *Brahmanas*, born of (their own) nature". (Srimad Bhagavad Gita, Chapter - XVIII - 42),

“शौर्यं तेजो धृतिर्दाक्ष्यं युद्धे चाप्यपलायनम् ।

दानमिश्रभावश्च क्षात्रं कर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४३)

"Prowess, splendour, firmness, dexterity and also not fleeing from battle, generosity and lordliness are the duties of the *Kshatriyas*, born of (their own) nature". (Srimad Bhagavad Gita, Chapter - XVIII - 43),

“कृषिगौरक्ष्यवाणिज्यं वैश्यकर्म स्वभावजम् ।

परिचर्यात्मकं कर्म शूद्रस्यापि स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४४)

"Agriculture, cattle-rearing and trade are the duties of the *Vaishyas* (Merchants), born of (their own) nature"; and action

consisting of service is the duty of the *Shudras* (servant-class) born of (their own) nature". (Srimad Bhagavad Gita, Chapter-XVIII - 44).

Accordingly, householders need to perform their respective prescribed duties.

But, they ought not to perform the prescribed duties of others, as the same is fraught with fear. In this connection, *Lord Krishna* says in the *Bhagavad Gita* that,

“श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् ।

स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ।।”

(श्रीमद् भगवद् गीता, अध्याय - ३, श्लोक - ३५)

"Better is one's own duty, though devoid of merit than the duty of another well discharged. Better is death in one's own duty; the duty of another is fraught with fear (is productive of danger)." (Srimad Bhagavad Gita, Chapter - 03 - 35).

About performance of one's prescribed duties, but not of others, *Lord Krishna* further says in the *Bhagavad Gita* that,

“श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् ।

स्वभावनियतं कर्म कुर्वन्नाप्नोति किल्बिषम् ।।”

(श्रीमद् भगवद् गीता, अध्याय- १८, श्लोक - ४७)

“सहजं कर्म कौन्तेय सदोषमपि न त्यजेत् ।

सर्वारम्भा हि दोषेण धूमेनान्गिरिवावृताः ।।”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४८)

"Better one's own duty, though destitute of merits, than the well-executed duty of another. He who does the duty laid down by his own nature does not incur sin. Congenital duty, O son of *Kunti*, though defective, ought not to be abandoned. All undertakings, indeed, are clouded by defects as fire by smoke." (Srimad Bhagavad Gita, Chapter - XVIII - 47,48).

About the benefits which accrue from performance of one's prescribed duties, *Lord Krishna* further says in the *Bhagavad Gita* that,

“स्वे स्वे कर्मण्यभिरतः संसिद्धिं लभते नरः ।

स्वकर्मनिरतः सिद्धिं यथा विन्दति तच्छृणु ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४५)

"Each man devoted to his own duty attains perfection. How he attains perfection while being engaged in his own duty, hear now." (Srimad Bhagavad Gita, Chapter - XVIII - 45).

“यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् ।

स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दति मानवः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४६)

"He from whom all the beings have evolved and by whom all this is pervaded, worshipping Him with his own duty, man attains perfection." (Srimad Bhagavad Gita, Chapter - XVIII - 46).

Further, human beings, as householders, have duties towards (a) themselves, (b) their family members, (c) their society and (d) their nation and also (e) the world. Some of such important duties can be stated as under:-

(a) Duties towards themselves

(i) Building the superstructure of one's life by achievement of four essential grand goals of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis*, Saints and Sages, i.e. (a) *dharma* or righteousness or ethical value, (b) *artha* or economic prosperity or economic value, (c) *kama* or vital worldly desires or vital value and (d) *moksha* or liberation of individual Soul from the cycle of births and deaths or spiritual value,

(ii) Adherence to *Dharma* or religion or righteousness or ethical code of conduct, which is the first, fundamental, foundational and primary grand goal of ideal human life and which is also the highest duty of human beings, as stated in our ancient Spiritual Scriptures, and as said by our *Rishis, Munis*, Saints and Sages, in all actions performed in one's day-to-day life,

(iii) Making the best efforts for attainment of *Moksha* or Liberation of individual Soul from the cycle of births and deaths or Union or Merger of the individual Soul with the Supreme Soul or Self-realisation or God-realisation, because this is the supreme grand goal of ideal human life and also the highest duty of human beings, as stated in our Holy ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*.

(b) Duties towards their family

We, the human beings, live in our family. We have blood relations with our family members. We have self interest in their wellbeing. In the family, we become inter-dependents amongst our family members. We can not grow, develop and live without the help and assistance of other members of our family. In view of these considerations, we owe our duties to our family and our family members. Therefore, it is necessary for us to perform our duties towards them. We can do so in many ways. Some of our important duties towards our family and family members can be as under:-

(i) Paying respects to our father, mother and elders in the family. Serving them lovingly and taking proper care of them,

(ii) Treating the wife lovingly, regarding her appropriately and duly, and making best efforts together with her for living the religious and spiritual life,

(iii) Training and grooming our children rightly by instilling in their mind good manners, ethical values and spiritual impressions or *sanskaras* and nurturing them to develop as good, noble, religious, spiritual and successful human beings,

(iv) Arranging for education, engagement in some profession and marriage of our children,

(v) Taking good care of all members of our family,

(vi) Extending love and affection to the younger members of our family,

(vii) Practising adjustment, tolerance, cooperation and

mutual respect; living lovingly and amicably with all family members; and maintaining cordial and harmonious relations with all of them, and thereby, making our home as the heaven on the earth.

(c) Duties towards their society

We need to perform our duties towards our society for the following two broad reasons:-

(a) We perform our duties towards ourselves as we are personally interested in ourselves and we have our self interest. We also perform our duties towards our family members because we have a natural sense of belongingness towards our family and also due to our blood relations and our natural family bond and self interest. But we neglect our duty towards our society as we do not consider the society as our big family, we do not keep the sense of belongingness towards it and we do not perform our duty towards it without self interest. But, we need to consider the society as our big family, we need to keep the sense of belongingness towards our society and we need to perform our duty towards it selflessly, because in performance of our social duty selflessly also lies our greater self interest. This greater self interest is that, selfless service results in purification of our mind and also helps in achievement of our supreme goal of life, i.e. Self-realisation or God-realisation, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints* and Sages.

(b) Secondly we, the human beings, are stated as social animals. We can not live outside the society. In the society, we become dependents amongst each other. We can not live and grow and develop without the support, help and assistance of other members of the society, and thus, we are indebted to our society in many ways. Therefore, it becomes our duty to repay our debt so incurred by us from the society by extending support, help and assistance to the members of the society and also by

performing our other duties towards the society.

We can perform our duties towards the society in many ways. Some of the important duties which we need to perform as good members of our society can be as under:-

(i) We need to set a good example before the members of the society, more particularly, the younger ones, by possessing noble character or *satcharitra*, performing ethical conduct or *sadachara* and by living a noble life as well as a simple life with high thinking,

(ii) Every human being has his own individual views. Therefore, we ought to respect the views of others in the society, and adjust and accommodate with all other members of the society.

(iii) We also need to understand, accept and tolerate our neighbours, our fellow beings and all other people of the society belonging to different religions, faiths, castes, creed, colours, genders and nations, etc., because we all are the divine children of The One Almighty Supreme Lord, our Divine Father and therefore, we all are the divine brothers and sisters. We need to breed right feeling and good will towards all people in the society and keep friendly, loving, cordial, harmonious and peaceful relations with all of them,

(iv) We need to understand religion in its true sense, observe our own religion truly, treat all religions equally and pay respect to the religions of other people. We need to maintain religious unity in the society,

(v) Our Holy ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that we ought to behave with other people in the society in the same manner in which we desire others to behave us. In other words, we ought not to behave with others in the manner which is not liked by us or which is not favourable to us.

“आत्मनः प्रतिकूलानि, परेषां न समाचरेत् ।” (महाभारत - ५.१५.१७)

(vi) Our Holy ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that doing selfless service to the society or "*paropakara*" is the highest *dharma* or highest duty of man. *Maharshi Vyasa*, after composing eighteen *Puranas*, states the essence of all those eighteen *Puranas* in two sentences: - (i) to do *paropakara* or selfless service to others is virtue or meritorious act, and (ii) to give pain or cause harm to others is sin.

“अष्टादश पुराणेषु व्यासस्य वचनद्वयम् ।
परोपकारः पुण्याय पापाय परपीडनम् ।”

Therefore, we need to serve the society, perform good actions or do "*paropakara*" for the people of the society selflessly, without expectation of any reward or return or name or fame, according to our taste, temperament and capacity. Such service and actions can be financial, physical or mental. We need to help the needy, feed the poor, clothe the naked, serve the sick, share what we have with the less fortunate and less privileged brethren, speak words of kindness, compassion, consolation, sympathy, encouragement with the forlorn and the disheartened.

(vii) We need to be kind and sympathetic towards the members in our society. We should never harm or cause injury to them. Our Holy ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that non-violence is the highest *dharma* or highest duty of human beings, “अहिंसा परमोधर्मः”,

(viii) We also need to protect and safeguard children and females in our society. We need not harm or cause injury to them. To repeat, our Holy ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that non-violence is the highest *dharma* or highest duty of human beings, “अहिंसा परमोधर्मः”,

(ix) We also need to be kind and sympathetic towards the animals and insects; and the plants and trees, which are also the living creations of the Almighty Supreme Lord, the Creator. We

should never harm or cause injury to them. Instead, we also need to protect and save them. To repeat once again, our Holy ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that non-violence is the highest *dharma* or highest duty of human beings, “अहिंसा परमोधर्मः”,

(x) We need to help eradication of social evils like gambling, liquor-drinking, tobacco-smoking, drug-taking, bribery, corruption, dishonesty, misconduct, etc.,

(xi) We need to offer prayer to the Almighty Supreme Lord daily for all people, as well as all living beings and all creatures, of the society, for alleviation/ removal of their sorrows, sufferings, diseases, afflictions, difficulties and for their good health, long life, prosperity, well-being, happiness, peace, etc.

(d) Duties towards their nation

We need to perform our duties towards our nation also for the same two broad reasons as stated above in connection with performance of our duties towards our society, i.e. sense of belongingness towards our nation and as a matter of repayment of our debt incurred by us from our nation.

We can perform our duties towards our nation in many ways. Some of the important duties which we need to perform as ideal citizens of our nation can be as under:-

(i) We need to love our motherland *Bharatavarsha* and our nation. We also need to love our countrymen,

(ii) We need to be loyal and patriotic to our nation. We must not betray and must not perform such actions which are against the interest of our nation and our people,

(iii) Our motherland and our nation need to be our first and highest consideration. We need to always keep national interest as our uppermost consideration while taking any decision or performing any action,

(iv) We must maintain national unity, integrity and peace in our country,

(v) We need to understand religion in its true meaning and practice the same rightly. We need to treat all religions equally and pay respect to the religions of other people. We need to maintain religious unity, keep friendly, loving, cordial and harmonious relations with our neighbours and all people of our country belonging to all religions, faiths, castes, creed, colours, genders and nations, because we all are the divine children of The One Almighty Supreme Lord, our Divine Father and therefore, we all are the divine brothers and sisters,

(vi) We must avoid every type of violence and hatred towards all people of our nation as we all are the divine children of the One Almighty Supreme Lord and therefore, we all are divine brothers. We also must not cause violence to all other living creatures including animals and insects, plants and trees, etc. Non-violence is our highest *dharma* or virtue or duty, “अहिंसा परमोधर्मः”, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages,

(vii) We are the custodians of public properties. Therefore, we must not misuse or destroy national properties. Rather, we must protect all our national properties.

(viii) We must keep public places, environment, air, water, sky, etc. neat, clean and pollution-free,

(ix) We need to adopt simple living and high thinking as our way of life as it is our national ideal,

(x) Man and nature are inseparable. They are inter-related and inter-dependant. Nature contributes to our growth, development, nourishment and living. Nature also protects us in many ways. Therefore, we must preserve and protect our natural environment including trees, forest, water, river, air, etc. We also must maintain ecological balance, which is indispensable for our safe living and all-round welfare,

(xi) We need to offer our special prayer for the safety and

welfare of our police personnel, soldiers, army, air and navy personnel and all our security personnel and their family members due to whose service and sacrifice, we live our daily life safely, securely, happily and peacefully,

(xii) We must willingly and strictly obey, abide by and observe all laws, rules and regulations of our nation,

(xiii) We, as the enlightened and responsible citizens of our nation, must perform our fundamental duties as have been enshrined in our nation's Constitution, which are reproduced as under:-

“(1) To abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;

(2) To cherish and follow the noble ideals which inspired our national struggle for freedom;

(3) To uphold and protect the sovereignty, unity and integrity of India;

(4) To defend the country and render national service when called upon to do so;

(5) To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;

(6) To value and preserve the rich heritage of our composite culture;

(7) To protect and improve the natural environment including forests, lakes, rivers, wildlife and to have compassion for living creatures;

(8) To develop the scientific temper, humanism and the spirit of inquiry and reform;

(9) To safeguard public property and to abjure violence;

(10) To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher

levels of endeavour and achievement;

(11) Who is a parent or guardian, to provide opportunities for education to his child, or as the case may be, ward between the age of six to fourteen years."

(e) Duties towards the world

We are also the citizens of the world. We, in India, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; believe in the principles of (a) Common Fatherhood of one God (b) Universal Brotherhood of all human beings upon this earth planet, (c) The Whole Universe is One Family (वसुधैव कुटुम्बकम्); and (d) May all people of the world be free from diseases, (सर्वे सन्तु निरामयाः), (e) May all people of the world become prosperous, (सर्वेषां मङ्गलं भवतु), (f) May all people of the world become happy, (सर्वे भवन्तु सुखिनः), (g) May all people of the world become peaceful, (सर्वेषां शान्तिर्भवतु), etc. Therefore,

(i) We need to practise the above mottos in our daily life as ideal citizens of the world,

(ii) We need to keep up universal brotherhood and maintain harmonious and peaceful relations among the people of all nations of the world,

(iii) We need to treat all religions equally, pay respect to the religions of others and maintain unity of religions,

(iv) We need to contribute towards world peace by living personally a peaceful life ourselves, by meditation for some time daily for maintenance of peace in the world, by offering our prayer daily for world peace and in all other possible manners,

(v) We need to pray daily for the good health, long life, prosperity, well-being, happiness and peace of all people and also of all living creatures of the whole world.

In this connection and in the present conditions, it is most relevant, extremely important and vitally necessary that we should

be concerned more about performance of our duties than claiming of our rights. This is in our own interest and for our highest welfare and supreme good.

Knowledge required: - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 10 on "Unity of Religions", volume no. 11.

Questions - 1

1. What is the meaning of "*Svadharmā*" ? Where has it been prescribed? Keeping what considerations in view, one's own duty has been prescribed in our Holy ancient Spiritual Scriptures? (Marks - 5)
2. What are the important duties of students? (Marks - 10)
3. What are the duties of householders belonging to all the four classes of people, namely *Brahmanas*, *Kshatriyas*, *Vaishyas* and *Sudras*, as said by *Lord Krishna* in the *Bhagavad Geeta* ? (Marks - 5)
4. What does *Lord Krishna* say in the *Bhagavad Gita* about performance of one's prescribed duties, but not of others? (Marks - 5)
5. What does *Lord Krishna* say in the *Bhagavad Gita* about the benefits which accrue from performance of one's prescribed duties? (Marks - 5)
6. What are the important duties of human beings, as householders, towards themselves? (Marks - 5)

7. Why do human beings, as householders owe their duties towards their family? What are their important duties towards their family members? (Marks - 5)
8. What are the two broad reasons for which human beings, as householders need to perform their duties towards their society and their nation ? (Marks - 5)
9. What are the important duties of human beings, as householders towards their society ? (Marks - 10)
10. What are the important duties of human beings, as householders towards their nation? (Marks - 10)
11. What are the fundamental duties of the citizens of India as enshrined in our nation's Constitution? (Marks - 5)
12. What are the principles which we, the people of India, believe in accordance with our great ancient Indian culture *Bharatiya Sanskruti* ? (Marks - 5)
13. What are the important duties of human beings, as householders, towards the world ? (Marks - 5)

Questions - 2

1. What are the adverse consequences of claiming of our rights than performing our duties as most of us are presently doing so in our independent and democratic country?(Marks - 5)
2. In our independent and democratic country, why should we be more concerned about performing our duties than claiming of our rights ? (Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

NOTE

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).